

Super Scrambled Eggs Number One

 **Gluten Free**

READY IN



15 min.

SERVINGS



1

CALORIES



503 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 bacon
- 1 teaspoon butter
- 2 large eggs
- 1 tablespoon milk
- 0.3 cup onion minced
- 1 serving salt and pepper to taste
- 0.3 cup cheddar cheese shredded

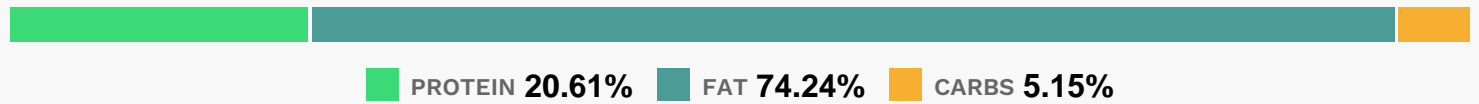
Equipment

- bowl
- frying pan
- paper towels

Directions

- Cook the bacon in a skillet over medium heat until crisp, then remove to drain on a paper towel.
- Chop bacon into small pieces. Beat eggs and milk together in a small bowl until smooth. Stir in the bacon bits, Cheddar cheese, and onion; season to taste with salt and pepper.
- Melt butter in a small skillet over medium heat, pour in eggs, and cook, stirring constantly, until they reach the desired consistency. While frying, keep tossing all the ingredients around with a spoon also use a fork to crush up the eggs so they are more scrambled.

Nutrition Facts



Properties

Glycemic Index:142, Glycemic Load:1.28, Inflammation Score:-6, Nutrition Score:17.048260792442%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 502.59kcal (25.13%), Fat: 41.15g (63.31%), Saturated Fat: 17.27g (107.94%), Carbohydrates: 6.41g (2.14%), Net Carbohydrates: 5.73g (2.08%), Sugar: 2.88g (3.2%), Cholesterol: 441.84mg (147.28%), Sodium: 851.28mg (37.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.71g (51.42%), Selenium: 48.07µg (68.68%), Phosphorus: 418.7mg (41.87%), Vitamin B2: 0.65mg (38.26%), Calcium: 286.9mg (28.69%), Vitamin B12: 1.5µg (24.98%), Vitamin B5: 2mg (20.05%), Zinc: 2.98mg (19.87%), Vitamin A: 989.4IU (19.79%), Vitamin B6: 0.36mg (18.19%), Vitamin D: 2.51µg (16.74%), Folate: 60.68µg (15.17%), Vitamin B1: 0.2mg (13.11%), Iron: 2.06mg (11.46%), Vitamin E: 1.58mg (10.55%), Vitamin B3: 1.92mg (9.62%), Potassium: 329.01mg (9.4%), Magnesium: 30.81mg (7.7%), Copper: 0.12mg (5.79%), Manganese: 0.09mg (4.42%), Vitamin C: 2.96mg (3.59%), Fiber: 0.68g (2.72%), Vitamin K: 1.53µg (1.46%)